

Burns

How Water Burns Like Fire

- Young children have thin skin. They burn more quickly than adults.
- How hot is the water coming out of your tap? Use a thermometer to test it.
- Set your water heater at 120°F. **Picture 1** Test water temperature at the sink or tap again to be sure it is safe.

In the Bathroom

- Start with cold, then add hot water when filling the tub and running the shower.
- Always test the water before you put your child in the bathtub or shower. Make sure the water is not too hot. Use a bath thermometer.
- When children are in or near the tub, watch them closely. Never turn your back, even for a few seconds.

Picture 2


In the Kitchen

- Keep children away from the range at all times, especially when someone is cooking. Put tape on the floor to help children learn to stay “3 giant steps away.”
- Turn pot handles toward the back of the range so children cannot pull them down. Use back burners when cooking in case something boils over.

Picture 3

Hot Drinks

- Keep hot drinks away from the edges of tables and counters where they could fall over and burn a child.
- Do not use tablecloths or placemats because young children can grab and pull them down, spilling hot food and drinks onto themselves.
- Never hold or carry a child while you have a hot drink in your hand.

 **One more thing!** If you burn your skin:

1. Cool the burn with cool running water. Do this **IMMEDIATELY!** **Picture 4**
2. Keep the burn in cool water for 3 minutes or longer. Do not put ice, butter or lotion on the burn. This could make it worse.
3. Call your doctor or 9-1-1 if the burn looks bad, or if it is larger than the size of your fist.

